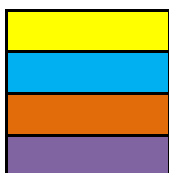


Aerobics/Dance Room

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00AM							
		Marc		Marc			
6:00AM	Yolanda Zumba	Spin (5:45)	Yolanda Zumba	Spin (5:45)			
7:00AM		Caleb Kickboxing	Mira Bai Begin Yoga	Mira Bai Begin Yoga			
8:00AM		Caleb ABS		Caleb ABS		Rose Zumba	
9:00AM		Nancy Jo Senior Fit	Roxanne Zumba Gold	Nancy Jo Senior Fit		Jeanie EnerJeanie	
	Goof & Giggle 6-12m					Elisa Yoga	
10:00AM	Goof & Giggle 1-3y				Flip City Ballet 10:30 Cheer 11:15 Tumbling 12:00		
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM			Roxanne Kids Zumba	Belly Dance Shaska			
4:00PM				Belly Dance Andrea			
5:00PM	Jeanie EnerJeanie	Carol Yoga	Jeanie EnerJeanie	Elisa Yoga			
6:00PM	Elisa Yoga	Rose Zumba	Carol Yoga	Rose Zumba			
7:00PM	Rose Zumba	Jeanie Boot Camp	Rose Zumba	Jeanie Boot Camp			
8:00PM		Anita Spin		Anita Spin			



Instructor Pricing

Discounted for members- \$4 for members, \$8 for non-members

Free to Members

Youth Classes - at Instructor Pricing

Special Interest Class Description

Free to Members

Yoga- *Elissa Ballew*- Vinyasa Flow style yoga focusing on breath-synchronized movement. Classes are lighthearted, positive and fun. Learn to create balance, strength and flexibility on & off the mat.

Yoga- *Carol Oveross*- This yoga class is for men and woman of beginner and intermediate levels incorporating deep breathing, gentle stretches and asanas (posture), where all the systems of the body are revitalized with this gentle Hatha Yoga.

Zumba®- *Rose Ortiz*- The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

Zumba®- *Yolanda Mier* - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements.

Aerobics “EnerJenie”- *Jeanie*- Fun aerobics class for teens, adults, men and women. Get fit in a high energy class that anyone can step into.

Boot Camp- *Jeanie*- Burn lots of calories while working the whole body in a fun and efficient class.

Discounted for Members (\$4 for members, \$8 for non-members)

Water Aerobics- *Judy Kiriazis* - Lunchtime Liberation is an hour of mid-day fun in the pool with high-energy water aerobics, resistance exercises, and relaxing stretches.

Water Aerobics- *Linda Weisberg* - “Aquarobics for Seniors” offers a safe and effective low-impact aqua aerobic workout.

Spin- *Marc Cooper* - Burn calories and keep your muscles in shape while riding on exercise bikes. You control your speed and resistance.

Spin- *Anita Walden* - Try this cardio-intensive work out on a stationary bike. Work on sprinting, power resistance, spinning techniques and stamina.

Yoga- *Mira Bai Fairlight* - Hatha Yoga postures that will warm and open the body, encourage internal health, and quiet the mind. This class is suited for beginners and students with health challenges.

Zumba® Gold- *Roxanne Wessel* - A low impact, Fun Fitness party for the active older adult or those whose special physical needs require moderate intensity.

Instructor Priced Classes

Kickboxing- *Caleb Labarda*- Use a combination of kicks and punches to tone and strengthen your entire body. \$5 per class in June, \$7 per class in July.

Abs- *Caleb Labarda*- This class focuses on the body’s core including stomach, sides and back. \$5 per class in June, \$7 per class in July.

Osteo-Fitness- *Nancy Jo Ricca*- A specialized fitness class for older adults consisting of low impact, weight-bearing chair and standing exercises using resistance bands and light weights. \$7 per class.

Tribal Style Belly Dancing- *Andrea McShane Radoccia*- The class focuses on posture, stance and structure of the moves within the American Tribal Style of Belly Dance. \$10 per class.

Belly Dancing- *Shaska*- Learn the Art of Middle Eastern dance to bring out inner feminine beauty and accentuate the body through Moroccan, Egyptian and Turkish styles. \$10 per class.